

VOLUME 34, ISSUE 8

# THE PENNY <sup>(72)</sup> PRESS

JUL. 11 - JUL. 28, 2024



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P. II

ABE2 Walder operates a jet blast deflector as an F/A-18E Super Hornet, assigned to Strike Fighter Squadron (VFA) 151, launches off the flight deck.  
PHOTO ILLUSTRATION BY MC2 ALEKSANDR FREUTEL



## COVER

AMAN Hardrath signals Sailors to raise the barricade during a drill on the flight deck of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72).

PHOTO BY MCSN DANIEL KIMMELMAN

## ESWS

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To request an input for the Lincoln Bulletin Board, email [mediaproduction@cvn72.navy.mil](mailto:mediaproduction@cvn72.navy.mil)

# LINCOLN BULLETIN BOARD

JUL 11 - JUL 28, 2024



## Meet the EIPC

### Jeff Knox, Embedded Integrated Prevention Coordinator

Born in Columbus, Ohio, but raised in Brush Creek, Tenn., Jeff Knox enlisted in the Navy on April 20, 2000, to follow in the footsteps and carry on the legacy of his grandfather. Knox completed the Aircrew Survival Equipmentman (PR) "A" School in Pensacola and served 22 years in the Navy as a PR, working on F-18s and MH-60 Sierras & Romeos. He has served in locations including Lemoore and San Diego, CA, Beaufort, S.C., and Parwan, Afghanistan, where he completed a year-long tour in 2010.

After retiring from the Navy in 2022 as a Chief Petty Officer, Knox worked as an operations manager for Amazon for a year before realizing that he didn't feel fulfilled by his initial retirement job. He decided to apply for the role of an Embedded Integrated Prevention Coordinator (EIPC), where he could use his prior experience and knowledge to continue supporting current and future Sailors.

"Giving back to my community, my family, and my Sailors is something that I hold very dear in my heart," said Knox. "I can relate to our Sailors out here, as I have done six deployments while active, all on carriers, the Enterprise and the Stennis. I look forward to doing just that."

As for what the EIPC can offer the crew, he provides wide-spread training that has to do with resiliency, stress and anger management, conflict resolution, communication, leadership, and mindfulness techniques. Additionally he serves as a floating Fleet and Family representative and can offer guidance on topics including sponsorship, FFSC overview, life skills, and suicide awareness.

"I am also in the works of creating other types of Mental Health classes, so stand by for those. I am open to pretty much any type of training that will benefit our Sailors and their families."

Outside of his work serving aboard the Lincoln as EIPC, Knox has a family and several hobbies to keep his schedule full.

"I have a wife and four children, ages 20, 18, 13, and 8 months," said Knox. "I run a non-profit car club in San Diego, named Those Who Serve. I am a huge car guy, so I am always down to talk car stuff. I also own my own photography business, called EquiKnox Photography, LLC."



THE PENNY PRESS  
USS ABRAHAM LINCOLN

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**EXECUTIVE OFFICER**  
Capt. Damon Loveless

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**PUBLIC AFFAIRS OFFICER**  
Lt. Cmdr. Karl Schonberg

**ASSISTANT PUBLIC AFFAIRS OFFICERS**  
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Ens. Samantha Mendiguren  
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# *Around the* **STRIKE GROUP**



AO3 Jones, left, and AO3 Gilbert conduct maintenance on an F/A-18F Super Hornet on the flight deck. (CVN 72). Photo by MCSN Nathaly Cruz.



Sailors fake down line on the fantail of the USS Abraham Lincoln. (CVN 72). Photo by MCSN Nathaly Cruz.





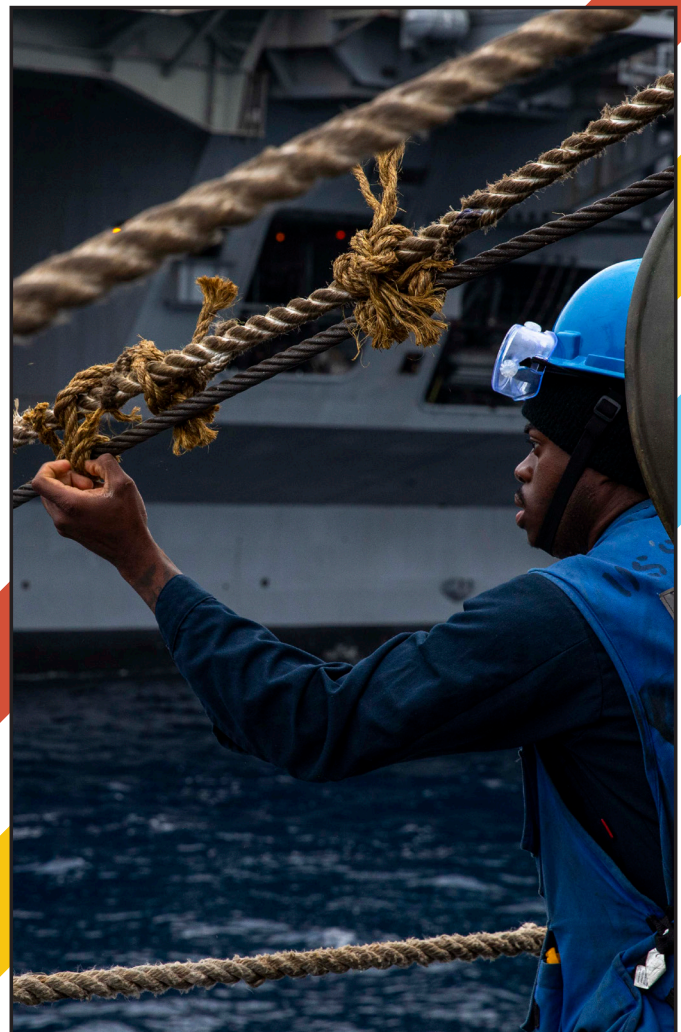
ABH2 Baldovino operates a spotting dolly in the hangar bay. (CVN 72). Photo by MCSN Daniel Kimmelman.



Sailors participate in a fueling-at-sea with the USS O'Kane. (CVN 72). Photo by MCSN Nathaly Cruz.



LSSN Borgos fires an M-4 during small arms exercise on the flight deck of USS Spruance. (DDG 111). Photo by MCSN Joseph Sitter.



SN Aaron removes in-out lines aboard USS O'Kane during a refueling-at-sea with USS Abraham Lincoln. (DDG 77). Photo by MC3 Sheryssa Dodard.







# The Mission is MAINTENANCE

Story by MCSN Shepard Fosdyke-Jackson

From the personal protective equipment (PPE), which keeps Sailors safe while they work, to the damage control devices used to keep the ship afloat through fires and floods, Sailors rely on having functional and dependable equipment in order to do their jobs safely and effectively.

On board CVN 72, having reliable equipment to work with is crucial for operational readiness, making maintenance a top priority for every Sailor. To ensure that every piece of equipment on the ship is receiving the care and upkeep required, the Navy utilizes the Maintenance and Material Management (3M) program.

"3M is a program that we utilize as Sailors to maintain our equipment, and our ship as a whole, through both preventative and corrective maintenance," said Culinary Specialist 1st Class Jason Flynn, Abraham Lincoln's 3M Assistant (3MA). "This assists in maintaining the longevity and life-cycle of the ship."

As one of the heads of the 3M program, Flynn works diligently with the ship's lead 3M Chief (3MC), Senior Chief Machinist's Mate Sandro Lara, to ensure that all aspects of 3M are running smoothly. From working with work center supervisors to make sure everyone has the correct materials and test equipment needed to properly execute maintenance, to keeping track of maintenance schedules and zone inspections, running the 3M program takes dedication and a deep appreciation for how important maintenance is to the ship.

"I've always had a passion for 3M," Flynn said. "As 3M coordinators, it is our job to ensure that things are getting done properly at every level."

To keep up with required maintenance and to ensure the maintenance being performed around the ship is up to standards, the 3M team employs zone inspections, self-monitored assessments (SMA), and spot checks. During a zone inspection, qualified shipboard inspectors inspect spaces for discrepancies or hazards. During SMAs, members of a maintenance-person's chain of command, witness and evaluate the maintenance as it is being performed, and during spot checks they review already-completed maintenance to verify it was done correctly.

"Spot checks and zone inspections are how leadership, from the Commanding Officer (CO) down to the Leading Petty Officer (LPO) level, ensure maintenance is being done correctly," Flynn said. "We also use them for training purposes to identify discrepancies and deficiencies in regards to maintenance, and by doing that, we are able to train and take corrective actions to enhance both the maintenance that is being done and the 3M program as a whole."

While Flynn and Lara assume the task of leading the 3M program, every Sailor onboard shares the responsibility of executing maintenance.

"Just like with damage control, how every Sailor is a firefighter, when it comes to 3M, every Sailor has a part to play in 3M, all the way from a basic maintenance-person, to the commanding officer of the ship," Flynn said. "The more Sailors that

we have qualified in every position of 3M, the easier it is to distribute and complete our planned maintenance system (PMS) requirements and maintain our equipment."

Having an abundance of Sailors helping complete maintenance makes the entire 3M process easier and more efficient. But in order for Sailors to assist with maintenance, they must first earn their initial 3M qualification.

"For Sailors looking to get qualified in 3M, I recommend that they take it seriously and do the qualification process with pride, professionalism, and passion," Flynn said. "Sailors should utilize the 3M training that is provided on a weekly basis from our 3MCs onboard in order to enhance their subject matter expertise to help improve the program."

Because maintenance can be an immense task, getting 3M qualified may seem daunting to new Sailors who are unfamiliar with the how the program works. However, the comprehensive qualification process ensures that every Sailor completing maintenance on the ship has all the knowledge and skills they will need.

"Sailors often have the misconception that 3M is intimidating," said Damage Controlman 1st Class Ashley Guarino, the Damage Control LPO. "It's just because there's such a high expectation for maintenance personnel getting these qualifications, that people tend to overshadow the importance of it. Because of that, it's intimidating, but it doesn't always have to be like that."

When 3M is done correctly and on time, every Sailor on the ship can be comfortable knowing that any equipment they may need to use is safe and reliable. However, this also means that if maintenance is being ignored or performed improperly, the consequences can be drastic.

"If our equipment isn't working at its top efficiency, things are going to go downhill really quick," Guarino said. "What if we had a fire, and we couldn't shut a door properly because nobody knew how to do the maintenance on it? Now we have smoke and toxic gasses getting through, which is going to have depreciative effects on people's health. To me, that's the biggest consequence of not doing 3M correctly."

Every Sailor on the ship benefits from having well-maintained equipment and suffers from poorly done maintenance. As such, everyone onboard shares responsibility in making sure that Abraham Lincoln's 3M program continues work efficiently and effectively.

"3M is how we maintain the life of our equipment and the material condition and operational readiness of the ship, as well as the quality of life onboard," Flynn said. "When it comes to 3M, all the maintenance, no matter how big or how small, has the same level of importance."

3M training is held every Thursday from 1000-1100 in the 3M classroom (01-9-1-Q) for anyone working towards their qualifications.

## NEW &amp; IMPROVED



## LIBRARY

Story and photos by MC2 Aleksandr Freutel

**N**imitz-class aircraft carrier USS Abraham Lincoln (CVN 72) and United Service Organizations (USO) leadership hosted a ribbon cutting ceremony to commemorate the opening of the new USO center aboard the ship, July 8.

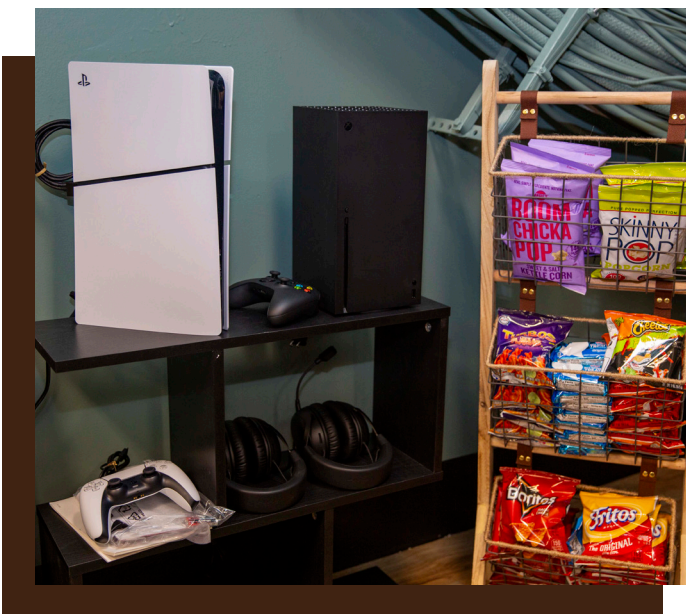
The USO center, located in the Command Religious Ministries Department spaces, includes a redesigned lounge, updated theater, a new library, as well as a dedicated video gaming room.

“The Abraham Lincoln leadership is squarely focused on taking care of, and developing the Sailors and Marines trusted under our care,” said Capt. Pete Riebe, commanding officer of Abraham Lincoln. “It is absolutely fitting that we provide our Lincoln Nation Sailors and Marines a suitable space to truly unwind. Enabling a work-life balance while underway is critical to managing the day-to-day stress involved in our line of work.”

The new USO center will allow Sailors to experience many of the same amenities provided at a land-based USO center and experience an environment of relaxation and support morale and decrease deployment-related stressors.

“Having a space onboard such as a USO center is critically important,” said Vice Adm. Dan Cheever, commander, Naval Air Forces. “The Chief of Naval Operations (CNO) has new initiative called Culture of Excellence 2.0. In that, quality of service is everything. This is what gets after that quality of service, it combines quality of life and quality of work to make that strong quality of service. I appreciate it because one of my number one priorities is the good treatment of our Sailors – we all know it is hard work and they dedicate themselves to serve something greater than themselves, so they need to be treated right.”

The USO center is maintained and operated by the Command Religious Ministries Department (CRMD) while out to sea, with ongoing remote support from the USO. All aircraft carriers throughout the Navy have a department of chaplains embarked to assist service members in promoting and maintaining their spiritual, emotional and mental health.





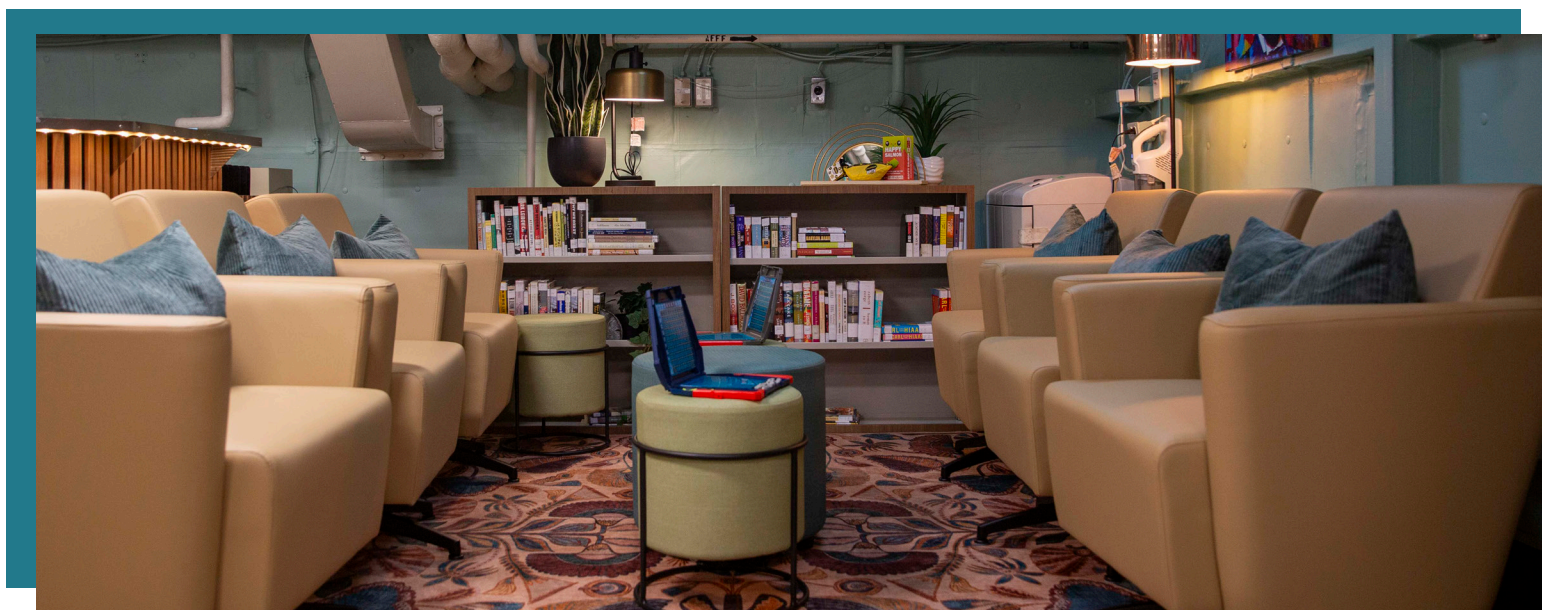
“As a chaplain my purpose is to build up the spiritual readiness of our team, namely the strength of spirit that enables warfighters to accomplish the mission with honor. To that end, with the USO’s support, I hope that Sailors find these newly renovated spaces more comfortable and better tailored toward their wants and needs,” said Cmdr. Bryan Davenport, head of Command Religious Ministries Department. “This is an ideal place to de-stress and unwind; using the Wi-Fi, playing video games, doing school work, connecting with friends and family, grabbing a snack, or just enjoying a break from work routines. It is a place to experience a bit of an off-ship feel even while we’re underway.”

The USO previously opened afloat centers aboard Nimitz-class aircraft carriers USS Dwight D. Eisenhower (CVN 69), USS George Washington (CVN 73), USS George H. W. Bush (CVN 77) USS Ronald Reagan (CVN 76) and Amphibious Command Ship USS Mount Whitney (LCC 20).

“The USO’s mission is to strengthen the wellbeing of the service members that serve our country, along with their families,” said Christopher Plamp, Chief Operating Officer of the USO. “This is not just a USO center, this is our commitment to this aircraft carrier and to the Navy that we are here to support you no matter where the mission takes you. As such, this is the start of a long relationship with Abraham Lincoln and I couldn’t be happier to opening this center.”

Since 1941, the USO has supported the men and women in the U.S. military and their families, offering hospitality, tours, and specialized programs. The opening of this USO afloat center extends the reach of the USO’s hospitality and continues their mission of supporting service members throughout their service, whether that be on land or at sea.

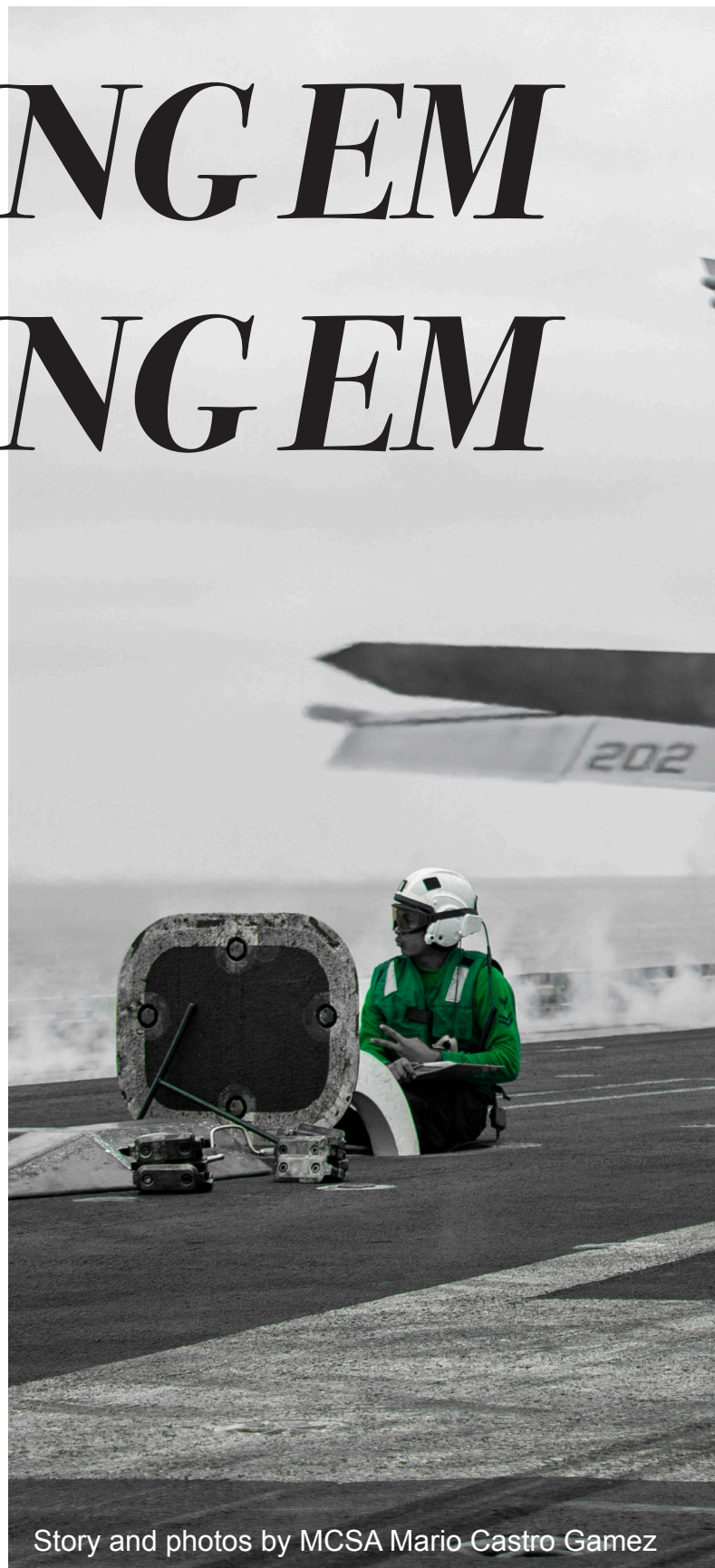
Abraham Lincoln, the flagship of Carrier Strike Group 3, provides a combat-ready force that protects and defends the United States, and supports alliances, partnerships and collective maritime interests in the Indo-Pacific region.





# *YOU BRING EM WE SLING EM*

Aviation Boatswain's  
Mate Sailors play a  
critical role during flight  
operations. Whether its  
refueling, aircraft handling  
or **launching and  
recovering aircraft  
on the flight deck of  
an aircraft carrier,**  
these are the men and  
women who get it **done.**



Story and photos by MCSA Mario Castro Gamez





**LAUNCH.** ABE2 Walder operates a jet blast deflector as an F/A-18E Super Hornet launches off the flight deck.





**TEAMWORK.** Sailors conduct performance tests on the catapults, making sure all systems are operational.

An F/A-18E Super Hornet, assigned to Strike Fighter Squadron (VFA) 14, stands by on the flight deck launch catapult, engines idling. After an all-clear signal, engines rev to life and the roar of the jet dominates the flight deck. A moment later, the jet is screaming across the flight deck and through the sky, leaving only steam and exhaust in its wake.

The catapult crew aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) has one of the world's most dangerous work environments. On the flight deck, safety is paramount. All personnel on deck must work in sync to transport, launch and recover aircraft as efficiently as possible to fulfill the ship's mission.

"The catapult team is crucial, no one else could do our job," said Aviation Boatswain's Mate (Equipment) 3rd Class Christopher Lopez, a topside flight deck safety petty officer aboard Abraham Lincoln. "Our job is very hard - we must keep our head on a swivel and make sure to pay close attention to detail so that no one gets hurt. We are the primary division on any aircraft carrier. Without us, we would be like any other cruise ship."

On land, aircraft utilize extended runways to gain the speed needed for takeoff. However, on an aircraft carrier the runways are shortened, around 300 feet, compared to the 2,300 feet needed for a normal aircraft to takeoff. A steam-powered catapult is used to give the aircraft enough speed for

takeoff. Catapults on aircraft carriers are capable of rocketing a 45,000-pound aircraft from zero to 165 knots, in less than two and a half seconds. That capability is only possible due to the remarkable below-deck engineering of the catapult system. The catapult system is manned all day, every day, while underway by a day crew and night crew. Both groups ensure all systems are prepared for aircraft to be launched and recovered at any hour, safely and efficiently.

"The ABE rate is one of the hardest working rates on any aircraft carrier," said Aviation Boatswain's Mate (Equipment) Airman Josiah Pacheco, a weight board operator and jet blast deflector (JBD) safety operator aboard Abraham Lincoln. "As aircraft launch recovery equipment (ALRE) personnel, we are always alert and ready at all hours for any sudden flight requirements. On our off days, we conduct equipment maintenance as required to make sure aircraft can always be launched. It's a hard job, it takes courage, willingness and commitment to do what it takes - we keep our aircraft carrier mission ready."

Abraham Lincoln's catapult team consists of eight work centers, with a total of 15 personnel. They all have to be in sync to successfully operate the catapults and man their watch stations, consisting of weight board operator, center deck operator, holdback operator, topside flight deck safety petty officer, deck-edge safety, JBD safety operator, bow safety operator and panel operator.





**CONNECTION.** The ICCS or "bubble" combines current remote stations to provide intercommunication during each aircraft launch.



**RESPONSIVENESS.** ABE2 Trinidad, right, and ABEAN Rodriguez communicates the information on the central charging panel is clear for launch.





**FIRE.** The Integrated Catapult Control System (ICCS) or "bubble" is used to initiate a launch sequence.

To prepare for a takeoff, the catapult crew first taxis the aircraft into position at the rear of the catapult. Then, they attach a tow bar on the aircraft's nose gear located on the front wheels to a slot in the shuttle, the device that locks to the aircraft and propels it off the catapult. Next, the crew positions another bar, the holdback, between the back wheels and the shuttle. While the catapult team is preparing the aircraft, the flight crew raises the JBD behind the aircraft to shield the flight deck behind the engines.

When the JBD, tow bar and holdback are all in position and all final checks have been made, the catapult officer, also known as a shooter, ensures the catapult is ready from the catapult control pod, a small encased control station with a transparent dome that protrudes above the flight deck.

Once the aircraft is properly aligned for takeoff, the catapult officer opens valves to fill the catapult cylinders with high pressure steam from the ship's reactors. The

steam provides the necessary force to propel the pistons at high speed, and sling the aircraft forward to generate the necessary lift for takeoff. Finally, after all-clear signals from all crewmembers on deck, the catapult officer initializes the flight sequence and the aircraft is launched off the flight deck. The shuttle is recalled back to its starting position and the launch cycle is complete. Personnel on deck are capable of replicating this process to launch an aircraft every 90 seconds.

"I have an exceptional chain of command, everyone might bump heads at times, but this rate really has taught me no matter what difficult situation you face, you will overcome it," said Aviation Boatswain's Mate (Equipment) 3rd Class Gianna Ruiz, a center deck operator aboard Abraham Lincoln. "At the end of the day, in this rate we are like a family. I'm going to have their back, and they have mine. We keep each other ALRE all day."



#### TRACKS.

A series of tracks and gears retract the shuttle after a launch.



#### GRIME.

After working long hours, grime can build up on hands and uniforms.





**CAMARADERIE.** *The catapault crew poses on the flight deck for a photo.*



**RUNWAY.** *Aircrafts are launched from zero to 165 knots, in less than two and a half seconds from these tracks.*





Story by MC2 Aleksandr Freutel  
Photo by MCSN Sonny Escalante



# Mindset Matters

**W**hen a strike group deploys, each Sailor and Marine on each vessel has a specific task to perform to ensure the success of the mission.

However, the job isn't always easy, even for seasoned Sailors and Marines. As a new service member reporting for duty aboard an aircraft carrier, conducting 24/7 operations spanning nearly 4 acres of shipboard space, accomplishing daily workloads, managing qualifications and learning how to live away from family with over 5,000 people can be challenging. This is where the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) deployed resiliency counselor (DRC) comes into effect.

Abraham Lincoln's DRC, Allan Hoffmeyer, provides solution-focused counseling for issues that may include adjusting to the Navy, the workplace, substance use, anger management and bereavement. Counseling addresses stress in the workplace and develops strategies to maintain a balanced quality of life while at sea and ashore.

"Having a DRC embarked with a ship allows quick and easy access to a mental health provider where any issues can be addressed immediately," said Hoffmeyer. "Any potential clients are not required to have a referral from their primary care physician that they may be required to have while ashore."

In addition to the DRC, personnel onboard are invited to see any of the ship's mental wellness team – the five chaplains onboard, medical department's psychological health officer, Lt. Lisa TapiaFleck, and social worker, Lt. Charlene Wright, are readily available resources.

"In addition to medical department's specialized personnel, the embedded integrated prevention coordinator (EIPC) is very knowledgeable and ready to help," said Hoffmeyer.

"EIPC Jeff Knox has Fleet and Family resources and offers personal training to include conflict resolution, communication, leadership, and mindfulness techniques."

Any deployment presents its own unique challenges to overcome and grow from, making it important to address any potential difficulties as early as possible. Hoffmeyer recommends to be mindful of the common problems Sailors and Marines run into to minimize any issues before they turn into a larger problem.

"Something clients come to me a lot with is feelings of isolation," said Hoffmeyer. "The morale welfare and recreation (MWR) department hosts events for Sailors and Marines almost every day, and these positive group activities can provide a much-needed support network on the boat. Be proactive! Pick up a new hobby, try to learn a new skill, be involved in activities hosted by the ship, talk to your shipmates and your chain of command – be sure to get the help that works for you."

The DRC office is available 24-hours while at sea if Sailors or Marines need assistance processing any issues that may be impeding their efforts to remain resilient while deployed. Scheduling can consist of weekly or bi-weekly sessions, as well as facilitated group sessions based on client's needs. To schedule an appointment with the DRC, Sailors or Marines can call J-Dial 6427, email [DRC@cvn72.navy.mil](mailto:DRC@cvn72.navy.mil) or stop by the DRC office at 02-88-6-Q.

"I encourage everyone to stop by my office," said Hoffmeyer. "You don't need to have a problem to talk to me - I want the Sailors to know that, no matter what, they have a connection onboard while learning something valuable to help in their transition to the deployment mindset."



# MWR EVENTS JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 POM FREEDOM FEST! Breakers Beach navylifesw.com/events	5 POM Freezie Friday MWR Office 1300-1400	6 POM
7 POM	8 POM Manic Monday Games MWR Office 0930-1030	9 POM	10 Sugar Rush! MWR Office 0930-1030	11 DEPLOYMENT START Where is Abe? Ship-wide Super Mario Party w/ CupCakes Aft Mess Decks 2030-2200	12 Freezie Friday MWR Office 1300-1400 Smash Bros Tourney Aft Mess Decks 2030-2200	13 Rootbeer and Yard Games Aft Mess Decks 2030-2200
14	15 Manic Monday Games MWR Office 0930-1030 Learn to Bachata! Focsle 2030-2200	16 Poetry Slam Aft Mess Decks 2030-2200	17 Sugar Rush! MWR Office 0930-1030 YUGIOH! Tourney Aft Mess Decks 2030-2200	18 Draw Your Shipmate Aft Mess Decks 2030-2200	19 Freezie Friday MWR Office 1300-1400 Mario Kart 8 Aft Mess Decks 2030-2200	20 Open Mic Night- 2nd Class Host Aft Mess Decks 2030-2200
21	22 Manic Monday Games MWR Office 0930-1030 Learn to Bachata! Focsle 2030-2200	23 Creative Writing Workshop Aft Mess Decks 2030-2200	24 Sugar Rush! MWR Office 0930-1030 UNO! night Aft Mess Decks 2030-2200	25 Chalk Pastel Sunsets Aft Mess Decks 2030-2200	26 Freezie Friday MWR Office 1300-1400 FIFA 22 Tourney Aft Mess Decks 2030-2200	27 UFC 4 Tourney Aft Mess Decks 2030-2200
28	29 Manic Monday Games MWR Office 0930-1030 Learn to Bachata! Focsle 2030-2200	30 Chess and Checkers Aft Mess Decks 2030-2200	31 Sugar Rush! MWR Office 0930-1030 Double 6 Dominos Aft Mess Decks 2030-2200			
LEGO CLUB Aft ATMs 2030-2200						
				<b>NOTES</b> blue = fitness class/activity + check Fitness Calendar green = general recreation event gold = pre-registration in CVN72 MWR office required red = pre-register with Naval Base Coronado MWR coronado.navylifesw.com		
				 Office: 2-123-2-Q J-Dial: 5362		



# Call of The Wild

P N L F A M I N E L O B R F N T K C O D D A P Y  
 U H U R B X Z X N Y L S U O I R E P M I N E B K  
 O T H D E N E T S A H S A B E W I L D E R E D O  
 X I B W Z A M P Z D Z R U V N F I N S U L A R S  
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 A Y E C U R I P G A X I C I K O I X V S T I S R  
 R N R O E S S T G Q Q C W S O H L V F L Q N L G  
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 X G L V U I X O K A O R M P S M T S O N D E V E  
 E O E U S P P W B J G O X M X M L A W F I G E D  
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 I P E S A Y U Z K Y A N I Y W Z C R H Y X Y L U  
 T F D I L W D V H X G D I Y R A E W O P J J Y A  
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 P J I E O I T E E L H U F S S E A X C V E D G S  
 S A X O P N N L P F A C A D N A R E V C I E E N  
 U D F A F G S W E I W W U N C O W E D P X D M Q  
 B G E T R A V A I L T C K E G A L Z U H L X I X

voracious	famine	hastened	inevitable	slovenly
jaded	forlorn	bewildered	mongrels	averred
inexorable	convulsive	perplexed	morose	weary
undergrowth	dubiously	orthodox	solidarity	virtue
travail	articulate	uncowed	progeny	insular
imperiously	paddock	arbors	poplars	veranda

	8	1		9		7	4	
7		5			4	1	9	6
				5	7		3	
			6				8	4
	9				1			
8	7		5	4		6	1	3
1				6			2	9
9	2	6					7	
3					8	5		1

						4	8	6
	4		3		2	1	5	
7		1	8	6				
6					5			
				7	8	9	1	
9	7	5				2		8
4								1
1	8	3	2	4	6	5		9
	6				7	8	2	

ESWS ANSWERS : 1. D  
2. B

3. D  
4. A



**FROM  
MEDIA  
DEPT.**

